

Ingredients

500g cooked red rice
200g boneless chicken
1 grated carrot
100g leaks cut into dices.
1 no onion chopped
3 cloves garlic chopped
1-inch piece ginger chopped
1 lemongrass sliced
1 Knorr seasoning cube
2 tbsp oil
Salt and crashed pepper
1 tomato diced
1 tsp chili powder
1 piece each rampe and curry leaves

- In a pot add oil then add ginger, onion, garlic, lemongrass, rampe and curry leaves.
 Saute till fragrant.
- Now add chicken. Cook till chicken is done. Then add all the vegetables and saute for few minutes.
- 3. Then add chili powder and the Knorr seasoning cube. Mix well to combine. Then add rice and mix well. Season with salt and pepper.
- 4. Serve hot.



Ingredients

400g cooked rice
200g Pumpkin cut into strips
200g boneless chicken
1 Knorr seasoning cube
2 cloves garlic chopped
1 ginger chopped
1-piece Rampe
1 spring curry leaf
2 tbsp oil
Salt and pepper to taste
50g pumpkin seeds

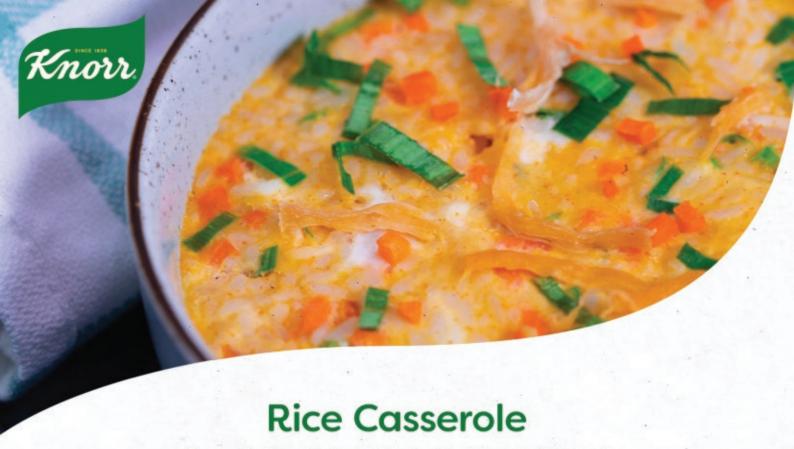
- 1. Melt margarin in a pan. Add ginger, garlic, rampe and curry leaves. Sauté till fragrant.
- Now add the boneless chicken and saute till cooked. Then add the pumpkin strips.Saute for a minute.
- 3. Add the pumpkin seeds and then the knorr seasoning cube. Mix well and then finally add the cooked rice. Mix well to combine to season to taste with salt and pepper.
- 4. Serve hot.



Ingredients

500g cooked rice
200g boneless chicken diced
1 Knorr seasoning cube
2 cloves garlic chopped
1 in.ginger chopped
1 cup curry leaf
2 tbsp Dhal
50g Green gram
2 tbsp oil
1 Tomato cut into dice
1-inch piece Rampe
½ onion chopped
Salt and pepper to taste

- In a pan add green gram fry for 2-3 minutes. Then add dhal and fry for 1 minute. Now add curry leaves and fry till slightly crispy. Take off from heat. When cold process to make a powder. Set aside.
- 2. In a pan add oil then ginger, garlic, onion, rampe and saute for few minutes. Then add chicken and cook for 2 minutes.
- Now add the tomato and Knorr seasoning cube. Mix well to combine. Add the curry leaf powder. Then mix in the rice. Season to taste with salt and pepper.
- 4. Serve hot.



Ingredients

200g Leeks sliced
150g Carrots cubed into small cube
200g cooked shredded Chicken
4 cloves Garlic minced
4 Eggs
1 Knorr cube
1/2 tsp Chili powder
2 tbsp oil (Sunflower / Corn)
180ml Low fat Milk
300g Cooked white rice
Salt to taste

- With the oil stir fry the leeks, carrots, and chicken with the garlic and Knorr cube.
- 2. Beat the non-fat milk with 4 eggs. Mix everything together with the cooked rice.
- 3. Pour into a pyrex dish or ceramic bowl. Cover with foil and steam for 30mins.
- 4. Serve warm.



Ingredients

100g boiled dhal with a pinch of turmeric and chili 400g cooked rice
200g Ash plantain slice thinly
150g boneless chicken
1 Knorr seasoning cube
2 cloves garlic chopped
1 in. ginger chopped
1-piece Rampe
1 spring curry leaf
1 tbsp oil or margarin
½ tsp Turmeric
½ tsp chili powder
1 tbsp chili flakes
oil to deep fry
½ onion chopped

Method

Salt and pepper to taste

- Deskin ash plantain and thinly slice. Add turmeric, chili powder and mix well. Deep fry in hot oil till golden.
- Add oil in a pan. Saute ginger, garlic, onion, rampe and curry leaves till fragrant. Then add ash plantain chips, chili flakes, boiled dhal, knorr seasoning cube. Mix well to combine.
- 3. Finally add cooked rice. Season to taste with salt and pepper.
- 4. Serve hot.



400g prawns cleaned

100g dried tomato

2 onions, wedges

2 garlic cloves

1 inch piece ginger, crushed

1 Knorr Seasoning Chicken Cube

1 piece lemongrass

1 tablespoon chili powder

1 teaspoon crushed pepper

1 tablespoon chili flakes

30g Astra

1 tablespoon sugar

1 tablespoon soy sauce

Handful of spring onion leaves

2 - 3 capsicums, sliced

- 1. Melt Astra in a pan. Now add the prawns and sauté for a minute.
- Then, add all the spices, soy sauce and sugar and sauté for a few more minutes.
- Finally, add the onion, capsicum, dried tomatoes and mix to combine.
- Sprinkle spring onion leaves, mix and serve.



7-8 parata's

2 packets Knorr Maldive Fish Powder Mix

2 tablespoons margarine

150g onions, chopped

150g tomato, chopped

1-2 cloves garlic, chopped

Handful of curry leaves

250g boiled chick peas

150g carrot, grated

100g green peas

1 tablespoon chili powder

11/2 tablespoon curry powder

1 teaspoon coriander powder

Salt to taste

Few toothpicks

Method

- Melt 25g of Astra in a pan. Add garlic and curryleaves sauté till fragrant.
- **2**. Add onion and tomato. Cook in a low heat till oil separates.
- Add all the spices and mix well. Then add the vegetables and Knorr Maldive Fish Powder Mix.
 Stir well to combine and cook for 2 – 3 minutes.
- 4. Season to taste with salt and take off from heat.
- Take a parata, apply a spoonful of remaining margarine and spread a small quantity of the filling.
- 6. Roll tight and secure with a toothpick.



150gms Dhal

- 1 Onion finely sliced
- 3 Cloves Garlic sliced finely
- 1 Teaspoon Turmeric
- 1 Teaspoon Chili Powder
- 1 Inch piece of Rampe Leaf
- 1 Sprig Curry Leaves
- 2 Green Chilies finely sliced
- 2 Knorr Seasoning Cube
- 3 Tablespoons chilie pieces
- 2 Tablespoons margarine
- 2 Cups Kangkung chopped in big pieces Water

- Into a pan add the dhal, turmeric and chili powder and just enough water to cover the dhal and boil. Once the water evaporates, add the Knorr cube and mix well.
- 2. In a separate pan, melt the margarine and temper together the onion, garlic, rampe, curry leaves and green chilies. Add the Kangkung and chilies pieces and temper well.
- 3. Next add the boiled dhal mixture to this and cook through. Serve hot.



300g Basmathi

200g Button mushrooms, sliced

01 Knorr Seasoning Cube

30g margarine

1 Onion, chopped

2 cloves Garlic, chopped

1 Tsp. Ginger, chopped

2 Green chillies, sliced

1 Pandan leaf

1 sprig Curry leaves

3-4 Cardamoms

3-4 Cloves

1 Tsp. Raw curry powder

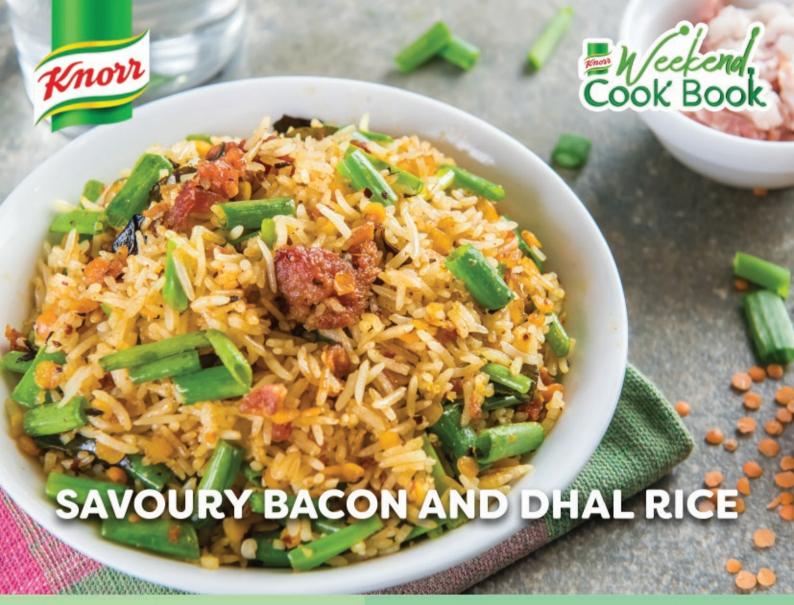
1 Tsp. Chili powder

A handful of Coriander leaves

Water for cooking

Method

- 1. Melt margarine in a pot. Sauté the onions, garlic, ginger, green chili, pandan leaves, curry leaves, cardamom and cloves till fragrant. Then add the mushrooms and sauté for about 1 minute. Mix in turmeric, chili powder, curry powder and Knorr Seasoning Cube. Stir well.
- 2. Add the washed rice and sufficient water to cook. Bring to boil, simmer with a lid on till rice is done.
- Add the shredded coriander leaves.Mix well. Season to taste and serve hot.



400g Cooked basmathi rice
01 Knorr Seasoning Cube
200g Bacon Ends
100g Dhal, boiled
02 Onions, sliced
1 Tsp. Ginger, chopped
2-3 cloves Garlic, crushed
02 Green Chillies, chopped
2 Tbsp. Margerine
01 Tbsp. Chilli flakes
02 Tomatoes, diced

1 Cup Spring Onion leaves

Salt to taste

Water to cook

- Melt margarine in a pan. Sauté the onions, garlic, ginger and green chilli till fragrant.
- Add bacon ends and sauté for a minute.
 Then add the dhal, chilli flakes and
 Knorr Cubes. Mix well to combine.
- Add the rice, tomato and spring onion leaves.Mix well and serve hot.



3-4 corn cobs

1 Knorr Seasoni

1 Knorr Seasoning Cube

50g margarine

6-7 onion wedges

6-7 tomato wedges

Zucchini slices (optional)

Salt and pepper

Kebab sticks

Method

- Melt margarine in a pan and add Knorr chicken seasoning cube. Remove from heat and add pepper to taste.
- 2. Cut cobs of corn into 1 inch thick pieces
- Add all the vegetables in to a bowl and pour in half of the margarine marinade to the veggies.Mix well to combine.
- **4**. Let the vegetables marinate for 15 20 minutes and then arrange in the kebab sticks as desired.
- 5. Heat a grill and cook the kebabs till vegetables are tender. During the grilling process, rub the remaining margarine marinade on the Kebabs to ensure moisture and flavor.



POTATO AND SAUSAGE CASSEROLE

Ingredients

100g bacon, chopped

400g chicken sausages

1 sachet Knorr Chicken Powder Mix

2 large onions, chopped

4 large potatoes

2 cloves garlic, chopped

30g margarine

1 tablespoon sage or rosemary, chopped

Grated cheese (optional)

1 tablespoon chili powder

Method

- Melt the margarine in a Pan. Add the bacon, onion and garlic and cook till fragrant.
- 2. Meanwhile, boil the potatoes, remove the skin and cut into thin slices. Set aside.
- 3. When the bacon is cooked, add the Knorr Chicken Seasoning Powder Mix, sage/rosemary, chili powder and sausages. Fry for a few minutes.
- 4. Grease a casserole dish with margarine.
 Arrange the sliced potato at the bottom of the dish and put the bacon and sausage mixture on top. Sprinkle cheese if preferred.
- **5**. Bake in an oven at 2000 C for 15-20 minutes or until cheese is melted. Serve hot



1100gms Dhal

500gms Capsicums

1 Onion finely sliced

1 Green Chili finely chopped

1 Knorr Seasoning Cube

1 Tablespoon Turmeric

1 Tablespoon Chili Powder

1 Tablespoon unroasted Curry Powder

2 Cloves Garlic sliced finely

1 Inch piece of Rampe Leaf

About 10 Curry Leaves

200ml Coconut Milk

1 Teaspoon Fenugreek seeds

1 Tablespoon margarine

Method

- Boil the dhal in water with some turmeric and chili powder and mix in a Knorr cube at the end.
- 2. Add some of the chopped onion and green chilies to the dhal mixture and mix well. Make a small slit in each of the capsicums and stuff them with the dhal mixture.
- 3. In another pan, melt the margarine and add the rest of the onions, green chilies, rampe, curry leaves and all the other remaining ingredients. Add the stuffed capsicums and coconut milk and cook through. Add the remaining cube, mix well and serve hot.